

Additional file 2. Search strategies for each database.

Database	Strategies for combining keywords
EBSCO (CIHNAL, PsycINFO, Psychology and Behavioural Sciences Collection, psyARTICLES, Medline)	"Implementation intention" OR "implementation intentions" OR "action planning" OR "action plan" OR "action plans" for all fields.
	AND Obese OR overweight OR obesity OR hypertension OR "high blood pressure" OR hypertensive OR "heart disease" OR cardiovascular OR "cardiac rehabilitation" OR atherosclerosis OR "coronary artery disease" OR "myocardial infarction" OR "myocardial ischemia" OR "heart failure" OR stoke OR cerebrovascular OR infarct OR "chronic pulmonary disease" OR COPD OR "chronic airway disease" OR COPD OR "airflow obstruction" OR "chronic lung disease" OR diabetes mellitus OR diabetic OR t2dm OR "chronic disease" OR "chronic condition" for title part.
PubMed	"Implementation intention" OR "action planning" OR "if-then" OR "implementation intentions" OR "action plan" OR "action plans" for all fields
	AND "Cardiovascular Diseases" OR "Diabetes Mellitus, Type 2" OR "Lung Diseases, Obstructive" OR "Chronic Disease" as [MeSH Terms]
Web of Science	Obese OR overweight OR obesity OR hypertension OR "high blood pressure" OR hypertensive OR "heart disease" OR cardiovascular OR "cardiac rehabilitation" OR atherosclerosis OR "coronary artery disease" OR "myocardial infarction" OR "myocardial ischemia" OR "heart failure" OR stoke OR cerebrovascular OR infarct OR chronic pulmonary disease OR COPD OR chronic airway disease OR COAD OR "airflow obstruction" OR chronic lung disease OR diabetes mellitus OR diabetic OR t2dm OR "chronic disease" OR "chronic condition") for title part
	AND "implementation intention" OR "action planning" OR "if-then" OR "implementation intentions" OR "action plan" OR "action plans" for all fields